

ALPEN POLKA

Choreographer: Trent & Mary Cummings

Description: 32 counts, 2 walls, Improver Line Dance

Music: Never Stop The Alpen Pop by D.J. Otzi

Intro: Dance begins after they count 1-2-3-4 in German (00:50)

3 HEEL TAPS, HEEL HOOK, 2 POLKA STEPS FORWARD

- 1-2-3 Tap right heel forward 3 times
- 4 Hook right foot in front of left
- 5&6 Triple forward right-left-right
- 7&8 Triple forward left-right-left

TURNING JAZZ BOX, 2 POLKA STEPS FORWARD

- 1-2 Cross right foot over left, turn $\frac{1}{4}$ turn left while stepping back on left foot
- 3-4 Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 5&6 Triple forward right-left-right
- 7&8 Triple forward left-right-left

STOMP, STOMP, DOWN, UP, POLKA BACK, COASTER STEP

- 1-2 Stomp right foot in place, stomp left foot in place
 - 3-4 While bending both knees move body down, then straighten back up
- While doing steps 19-20, place hands on waist.
- 5&6 Triple backward right-left-right
 - 7&8 Step back on left foot, bring right foot together with left, step forward on left foot

TURNING JAZZ BOX, STOMP, STOMP, CLAP, CLAP, CLAP

- 1-2 Cross right foot over left, turn $\frac{1}{4}$ turn left while stepping back on left foot
- 3-4 Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 5-6 Stomp right foot in place, stomp left foot in place
- 7-8 Hold and clap hands 3 times

REPEAT

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